



LES MILLS NORDIC TRAINING DATES 2020-2021

| SWEDEN | DENMARK | NORWAY | FINLAND | ESTONIA | POLAND | CZECH | ROMANIA | ADVANCED TRAINING |

INITIAL TRAINING | TWO DAY | LIVE & ONLINE FORMAT

The Initial training is a two-day course. It's a mix of lectures, practical workout sessions and teaching practice. You'll learn how to safely and effectively teach the specific Les Mills program. Facilitated by our specialized Trainers you'll have encouraging support through the entire training. You can choose either a two-day live training or a two-day online.

What to prepare for an Initial training?

Attend plenty of workouts in the program you want to teach. You'll receive your training material and assigned prework 10 days prior the start of the training.

What happens after the Initial training?

Once you've acquired the skills needed to PASS the Initial training you'll be allowed to teach classes. Within 60 days of completing the training you'll have to submit an assessment video with you teaching a class. You have to complete your certification within six months from attending the training.

ADVANCED TRAINING | TWO DAY | LIVE & ONLINE FORMAT

The Advanced Training has been designed to help you identify your personal strengths. To become grounded in the essence of your program. To enhance the workout experience for your participant and pack your classes. You can choose either a two-day live training or a two-day online.

What will you learn?

You'll develop your unique leadership style by exploring your why, your values and your beliefs. Merge your own style of performance with the essence of the program. Learn how to enhance the experience by blending the dimensions of connection, motivation and education.

GROUP FITNESS MANAGEMENT | TWO DAY | LIVE FORMAT

This course is all about hands-on learning to help you transform the earning power of group fitness. At the two-day Group Fitness Management course you'll learn efficient leadership framework, cutting-edge management tools and how to bulletproof your action plan. All you need to drive growth and increasing retention at your facility.

Who can attend Group Fitness Management?

This course is designed for you who currently work as a Group fitness manager as well as for you who plan to become one.

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Date	Type	Program	City	Date	Type	Program	City
August				26-27 Sep	Initial Training	CXWORX®	Online
15-16 Aug	Initial Training	BODYPUMP®	Stockholm	26-27 Sep	Advanced Training	BODYBALANCE®	Online
15-16 Aug	Initial Training	BODYATTACK®	Gothenburg	26-27 Sep	Advanced Training	LES MILLS SPRINT™ & RPM®	Online
15-16 Aug	Initial Training	CXWORX®	Stockholm	October			
15-16 Aug	Initial Training	BODYBALANCE®	Gothenburg	03-04 Oct	Initial Training	BODYBALANCE®	Stockholm
15-16 Aug	Initial Training	BODYJAM®	Online	03-04 Oct	Advanced Training	LES MILLS GRIT®	Online
15-16 Aug	Initial Training	BODYPUMP®	Online	08-09 Oct	Management	GROUP FITNESS MANAGEMENT	Stockholm
15-16 Aug	Initial Training	BODYBALANCE®	Online	10-11 Oct	Advanced Training	BODYPUMP®	Online
22-23 Aug	Initial Training	CXWORX®	Online	10-11 Oct	Initial Training	BODYPUMP®	Gothenburg
22-23 Aug	Initial Training	BODYSTEP®	Online	17-18 Oct	Advanced Training	BODYATTACK®	Stockholm
22-23 Aug	Initial Training	BODYCOMBAT®	Online	17-18 Oct	Initial Training	BODYATTACK®	Stockholm
22-23 Aug	Initial Training	LES MILLS BARRE™	Online	17-18 Oct	Initial Training	CXWORX®	Gothenburg
22-23 Aug	Initial Training	LES MILLS GRIT®	Gothenburg	17-18 Oct	Advanced Training	BODYATTACK®	Online
22-23 Aug	Initial Training	BORN TO MOVE®	Gothenburg	24-25 Oct	Advanced Training	LES MILLS SPRINT™	Stockholm
29-30 Aug	Initial Training	LES MILLS GRIT®	Online	24-25 Oct	Initial Training	RPM®	Gothenburg
29-30 Aug	Initial Training	SH'BAM®	Online	24-25 Oct	Initial Training	LES MILLS GRIT®	Stockholm
29-30 Aug	Initial Training	BODYATTACK®	Online	31-01 Oct/Nov	Initial Training	BODYPUMP®	Stockholm
29-30 Aug	Initial Training	BODYJAM®	Gothenburg	31-01 Oct/Nov	Initial Training	BODYJAM®	Stockholm
29-30 Aug	Initial Training	LES MILLS SPRINT™	Gothenburg	31 Oct -01 Nov	Advanced Training	BODYCOMBAT®	Online
29-30 Aug	Initial Training	BODYPUMP®	Gothenburg	November			
29-30 Aug	Initial Training	LES MILLS TONE®	Online	07-08 Nov	Advanced Training	BODYBALANCE®	Gothenburg
September				07-08 Nov	Initial Training	BODYBALANCE®	Gothenburg
12-13 Sep	Initial Training	BODYBALANCE®	Online	07-08 Nov	Initial Training	BODYCOMBAT®	Gothenburg
12-13 Sep	Initial Training	BODYPUMP®	Online	07-08 Nov	Advanced Training	CXWORX®	Online
12-13 Sep	Initial Training	LES MILLS SPRINT™	Online	14-15 Nov	Advanced Training	BODYPUMP®	Gothenburg
26-27 Sep	Initial Training	BODYPUMP®	Stockholm	14-15 Nov	Initial Training	CXWORX®	Stockholm
26-27 Sep	Initial Training	BODYCOMBAT®	Stockholm				
26-27 Sep	Initial Training	SH'BAM®	Gothenburg				
26-27 Sep	Initial Training	LES MILLS SPRINT™	Malmö				

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Date	Type	Program	City	Date	Type	Program	City
December				January 2021			
05-06 Dec	Advanced Training	BODYJAM® & SH'BAM®	Stockholm	09-10 Jan	Initial Training	RPM®	Stockholm
05-06 Dec	Initial Training	BODYPUMP®	Gothenburg	09-10 Jan	Initial Training	BODYPUMP®	Gothenburg
05-06 Dec	Initial Training	LES MILLS SPRINT™	Stockholm	09-10 Jan	Initial Training	BORN TO MOVE®	Malmö
12-13 Dec	Advanced Training	RPM®	Stockholm	16-17 Jan	Initial Training	BODYCOMBAT®	Stockholm
12-13 Dec	Advanced Training	LES MILLS GRIT®	Gothenburg	16-17 Jan	Initial Training	CXWORX®	Stockholm
12-13 Dec	Initial Training	BODYATTACK®	Gothenburg	16-17 Jan	Advanced Training	BODYPUMP®	Online
12-13 Dec	Initial Training	LES MILLS TONE™	Gothenburg	23-24 Jan	Advanced Training	BODYBALANCE®	Online
12-13 Dec	Initial Training	SH'BAM®	Stockholm	23-24 Jan	Initial Training	BODYPUMP®	Stockholm
12-13 Dec	Initial Training	BODYSTEP®	Gothenburg	23-24 Jan	Initial Training	LES MILLS SPRINT™	Gothenburg
12-13 Dec	Initial Training	BORN TO MOVE®	Gothenburg	23-24 Jan	Initial Training	LES MILLS BARRE™	Stockholm
19-20 Dec	Initial Training	BODYBALANCE®	Stockholm	30-31 Jan	Initial Training	BODYBALANCE®	Gothenburg
19-20 Dec	Initial Training	CXWORX®	Gothenburg	30-31 Jan	Initial Training	LES MILLS GRIT®	Stockholm
19-20 Dec	Initial Training	LES MILLS GRIT®	Gothenburg	30-31 Jan	Initial Training	BODYATTACK®	Stockholm
19-20 Dec	Initial Training	BODYPUMP®	Stockholm	February 2021			
				06-07 Feb	Advanced Training	BODYPUMP®	Stockholm
				06-07 Feb	Initial Training	BODYJAM®	Gothenburg
				06-07 Feb	Initial Training	BODYPUMP®	Gothenburg
				13-14 Feb	Advanced Training	BODYBALANCE®	Gothenburg
				13-14 Feb	Initial Training	RPM®	Gothenburg
				13-14 Feb	Initial Training	LES MILLS SPRINT™	Stockholm
				13-14 Feb	Initial Training	CXWORX®	Gothenburg
				20-21 Feb	Initial Training	BODYATTACK®	Gothenburg
				20-21 Feb	Initial Training	BODYBALANCE®	Stockholm
				20-21 Feb	Initial Training	BODYPUMP®	Stockholm

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Date	Type	Program	City	Date	Type	Program	City
August				October			
15-16 Aug	Initial Training	BODYJAM®	Online	03-04 Oct	Advanced Training	BODYCOMBAT®	Copenhagen
15-16 Aug	Initial Training	BODYPUMP®	Online	03-04 Oct	Advanced Training	LES MILLS GRIT®	Online
15-16 Aug	Initial Training	BODYFLOW®	Online	10-11 Oct	Advanced Training	BODYPUMP®	Online
22-23 Aug	Initial Training	CXWORX®	Online	10-11 Oct	Initial Training	BODYPUMP®	Copenhagen
22-23 Aug	Initial Training	BODYSTEP®	Online	17-18 Oct	Advanced Training	BODYATTACK®	Online
22-23 Aug	Initial Training	BODYCOMBAT®	Online	31 Oct -01 Nov	Advanced Training	BODYCOMBAT®	Online
22-23 Aug	Initial Training	LES MILLS BARRE™	Online	November			
29-30 Aug	Initial Training	LES MILLS GRIT®	Online	07-08 Nov	Initial Training	LES MILLS BARRE™	Copenhagen
29-30 Aug	Initial Training	SH'BAM®	Online	07-08 Nov	Initial Training	BODYATTACK®	Aarhus
29-30 Aug	Initial Training	BODYATTACK®	Online	07-08 Nov	Advanced Training	BODYPUMP®	Aarhus
29-30 Aug	Initial Training	BODYCOMBAT®	Aarhus	07-08 Nov	Advanced Training	CXWORX®	Online
29-30 Aug	Advanced Training	CXWORX®	Copenhagen	14-15 Nov	Initial Training	BODYJAM®	Copenhagen
29-30 Aug	Initial Training	LES MILLS TONE®	Online	December			
September				05-06 Dec	Initial Training	SH'BAM®	Copenhagen
12-13 Sep	Initial Training	BODYBALANCE®	Online	12-13 Dec	Initial Training	BODYFLOW®	Copenhagen
12-13 Sep	Initial Training	BODYPUMP®	Online	January 2021			
12-13 Sep	Initial Training	LES MILLS SPRINT™	Online	09-10 Jan	Initial Training	BODYCOMBAT®	Odense
22-23 Sep	Management	GROUP FITNESS MANAGEMENT	Copenhagen	16-17 Jan	Advanced Training	BODYPUMP®	Online
26-27 Sept	Initial Training	CXWORX®	Online	23-24 Jan	Advanced Training	BODYFLOW®	Online
26-27 Sep	Advanced Training	BODYATTACK®	Aarhus	23-24 Jan	Initial Training	BODYPUMP®	Naestved
26-27 Sep	Initial Training	BODYFLOW®	Aarhus	February 2021			
26-27 Sep	Advanced Training	BODYJAM® & SH'BAM®	Copenhagen	06-07 Feb	Initial Training	BODYATTACK®	Copenhagen
26-27 Sep	Advanced Training	BODYFLOW®	Online	13-14 Feb	Initial Training	BODYSTEP®	Copenhagen
26-27 Sep	Advanced Training	LES MILLS SPRINT™ & RPM®	Online	March 2021			
				27-28 Mar	Initial Training	BODYFLOW®	Horsens

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Date	Type	Program	City	Date	Type	Program	City
August				November			
15-16 Aug	Initial Training	BODYJAM®	Online	07-08 Nov	Initial Training	CXWORX®	Oslo
15-16 Aug	Initial Training	BODYPUMP®	Online	07-08 Nov	Advanced Training	CXWORX®	Online
15-16 Aug	Initial Training	BODYBALANCE®	Online	14-15 Nov	Initial Training	SH'BAM®	Oslo
22-23 Aug	Initial Training	LES MILLS BARRE™	Online	December			
22-23 Aug	Initial Training	CXWORX®	Online	12-13 Dec	Initial Training	BODYPUMP®	Oslo
22-23 Aug	Initial Training	BODYSTEP®	Online	19-20 Dec	Initial Training	BODYCOMBAT®	Oslo
22-23 Aug	Initial Training	BODYCOMBAT®	Online	19-20 Dec	Initial Training	LES MILLS SPRINT™	Oslo
29-30 Aug	Initial Training	LES MILLS GRIT®	Online	January 2021			
29-30 Aug	Initial Training	SH'BAM®	Online	09-10 Jan	Initial Training	BODYBALANCE®	Oslo
29-30 Aug	Initial Training	BODYATTACK®	Online	16-17 Jan	Initial Training	BODYATTACK®	Oslo
29-30 Aug	Initial Training	LES MILLS TONE®	Online	16-17 Jan	Advanced Training	BODYPUMP®	Online
September				23-24 Jan	Advanced Training	BODYBALANCE®/BODYFLOW®	Online
12-13 Sep	Initial Training	BODYBALANCE®	Online	23-24 Jan	Initial Training	CXWORX®	Oslo
12-13 Sep	initial Training	BODYPUMP®	Online	30-31 Jan	Initial Training	LES MILLS TONE™	Oslo
12-13 Sep	initial Training	LES MILLS SPRINT™	Online	February 2021			
26-27 Sep	initial Training	CXWORX®	Online	06-07 Feb	Advanced Training	BODYCOMBAT®	Oslo
26-27 Sep	Initial Training	BODYATTACK®	Oslo	06-07 Feb	Initial Training	LES MILLS GRIT®	Oslo
26-27 Sep	Initial Training	LES MILLS GRIT®	Oslo	13-14 Feb	Initial Training	BODYCOMBAT®	Oslo
26-27 Sep	Advanced Training	BODYBALANCE®	Online	20-21 Feb	Initial Training	BODYPUMP®	Oslo
26-27 Sep	Advanced Training	LES MILLS SPRINT™ & RPM®	Online	March 2021			
October				20-21 Mar	Initial Training	BODYBALANCE®	Oslo
03-04 Oct	Advanced Training	LES MILLS GRIT®	Online	27-28 Mar	Initial Training	BODYSTEP®	Oslo
10-11 Oct	Advanced Training	BODYPUMP®	Online				
17-18 Oct	Initial Training	BODYCOMBAT®	Oslo				
17-18 Oct	Advanced Training	BODYATTACK®	Online				
24-25 Oct	Initial Training	BODYPUMP®	Oslo				
31 Oct-1 Nov	Initial Training	BODYBALANCE®	Oslo				

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Date	Type	Program	City	Date	Type	Program	City
August				17-18 Oct	Advanced Training	BODYATTACK®	Online
15-16 Aug	Initial Training	BODYPUMP®	Helsinki	17-18 Oct	Advanced Training	BODYJAM®, SH'BAM®, BARRE™	Helsinki
15-16 Aug	Initial Training	BODYPUMP®	Online	24-25 Oct	Initial Training	LES MILLS TONE™	Helsinki
15-16 Aug	Initial Training	BODYBALANCE®	Online	24-25 Oct	Initial Training	BODYSTEP®	Helsinki
15-16 Aug	Initial Training	BODYBALANCE®	Helsinki	31 Oct-1 Nov	Advanced Training	BODYBALANCE®	Helsinki
15-16 Aug	Initial Training	BODYATTACK®	Helsinki	31 Oct -01 Nov	Advanced Training	BODYCOMBAT®	Online
15-16 Aug	Initial Training	BODYJAM®	Online	November			
22-23 Aug	Initial Training	LES MILLS BARRE™	Online	07-08 Nov	Initial Training	LES MILLS GRIT®	Helsinki
22-23 Aug	Initial Training	CXWORX®	Online	07-08 Nov	Initial Training	BODYPUMP®	Helsinki
22-23 Aug	Initial Training	BODYSTEP®	Online	07-08 Nov	Initial Training	BODYBALANCE®	Oulu
22-23 Aug	Initial Training	BODYCOMBAT®	Online	07-08 Nov	Management	GROUP FITNESS MANAGEMENT	Tampere
22-23 Aug	Initial Training	SH'BAM®	Helsinki	07-08 Nov	Advanced Training	CXWORX®	Online
29-30 Aug	Initial Training	LES MILLS GRIT®	Online	December			
29-30 Aug	Initial Training	SH'BAM®	Online	12-13 Dec	Initial Training	BODYATTACK®	Helsinki
29-30 Aug	Initial Training	BODYATTACK®	Online	12-13 Dec	Initial Training	BODYCOMBAT®	Tampere
29-30 Aug	Initial Training	LES MILLS TONE®	Online	12-13 Dec	Initial Training	CXWORX®	Helsinki
September				12-13 Dec	Initial Training	LES MILLS BARRE™	Helsinki
12-13 Sep	Initial Training	BODYBALANCE®	Online	January 2021			
12-13 Sep	initial Training	BODYPUMP®	Online	09-10 Jan	Initial Training	BODYPUMP®	Helsinki
12-13 Sep	initial Training	LES MILLS SPRINT™	Online	09-10 Jan	Initial Training	SH'BAM®	Helsinki
26-27 Sep	initial Training	CXWORX®	Online	16-17 Jan	Initial Training	LES MILLS TONE™	Helsinki
26-27 Sep	Initial Training	BODYCOMBAT®	Helsinki	16-17 Jan	Advanced Training	BODYPUMP®	Online
26-27 Sep	Initial Training	CXWORX®	Tampere	23-24 Jan	Advanced Training	BODYBALANCE®/BODYFLOW®	Online
26-27 Sep	Advanced Training	BODYBALANCE®	Online	February 2021			
26-27 Sep	Advanced Training	LES MILLS SPRINT™ & RPM®	Online	06-07 Feb	Initial Training	BODYBALANCE®	Helsinki
October				13-14 Feb	Initial Training	LES MILLS GRIT®	Oulu
03-04 Oct	Initial Training	LES MILLS SPRINT™	Helsinki				
03-04 Oct	Advanced Training	LES MILLS GRIT®	Online				
10-11 Oct	Advanced Training	BODYPUMP®	Online				

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Date	Type	Program	City	Date	Type	Program	City
August				December			
15-16 Aug	Initial Training	BODYJAM®	Online	05-06 Dec	Initial Training	BODYCOMBAT®	Tallinn
15-16 Aug	Initial Training	BODYPUMP®	Online	January 2021			
15-16 Aug	Initial Training	BODYBALANCE®	Online	16-17 Jan	Advanced Training	BODYPUMP®	Online
22-23 Aug	Initial Training	LES MILLS BARRE™	Online	23-24 Jan	Advanced Training	BODYBALANCE®/BODYFLOW®	Online
22-23 Aug	Initial Training	CXWORX®	Online	23-24 Jan	Initial Training	BODYPUMP®	Tallinn
22-23 Aug	Initial Training	BODYSTEP®	Online	30-31 Jan	Advanced Training	BODYPUMP®	Tallinn
22-23 Aug	Initial Training	BODYCOMBAT®	Online	February 2021			
22-23 Aug	Initial Training	BODYPUMP®	Tallinn	13-14 Feb	Advanced Training	BODYBALANCE®	Tallinn
29-30 Aug	Initial Training	LES MILLS GRIT®	Online	March 2021			
29-30 Aug	Initial Training	SH'BAM®	Online	20-21 Mar	Initial Training	BODYBALANCE®	Tallinn
29-30 Aug	Initial Training	BODYATTACK®	Online				
29-30 Aug	Initial Training	LES MILLS TONE®	Online				
September							
12-13 Sep	Initial Training	BODYBALANCE®	Online				
12-13 Sep	Initial Training	BODYPUMP®	Online				
12-13 Sep	Initial Training	LES MILLS SPRINT™	Online				
26-27 Sep	Initial Training	CXWORX®	Online				
26-27 Sep	Initial Training	BODYBALANCE®	Tallinn				
26-27 Sep	Advanced Training	BODYBALANCE®	Online				
26-27 Sep	Advanced Training	LES MILLS SPRINT™ & RPM®	Online				
October							
03-04 Oct	Advanced Training	LES MILLS GRIT®	Online				
10-11 Oct	Advanced Training	BODYPUMP®	Online				
17-18 Oct	Initial Training	BODYATTACK®	Tallinn				
17-18 Oct	Advanced Training	BODYATTACK®	Online				
31 Oct -01 Nov	Advanced Training	BODYCOMBAT®	Online				
November							
07-08 Nov	Advanced Training	CXWORX®	Online				

TRAINING DATES 2020-2021 | SWEDEN | DENMARK | NORWAY | FINLAND | ESTONIA | **POLAND** | **CZECH** | ROMANIA | ADVANCED TRAINING |

Start Date	Type	Program	Location	Date	Type	Program	Location
August				October			
07-08 Aug	Management	GROUP FITNESS MANAGEMENT	Poznan	03-04 Oct	Initial Training	CXWORX®	Warsaw
08-09 Aug	Initial Training	CXWORX®	Prague	03-04 Oct	Advanced Training	LES MILLS GRIT®	Online
08-09 Aug	Initial Training	RPM®	Warsaw	10-11 Oct	Advanced Training	BODYPUMP®	Online
15-16 Aug	Initial Training	BODYJAM®	Online	10-11 Oct	Initial Training	BODYCOMBAT®	Warsaw
15-16 Aug	Initial Training	BODYPUMP®	Online	10-11 Oct	Initial Training	RPM®	Bucharest
15-16 Aug	Initial Training	BODYBALANCE®	Online	10-11 Oct	Initial Training	CXWORX®	Bucharest
15-16 Aug	Initial Training	BODYPUMP®	Warsaw	17-18 Oct	Initial Training	LES MILLS GRIT™	Bucharest
22-23 Aug	Initial Training	LES MILLS BARRE™	Online	17-18 Oct	Initial Training	BODYBALANCE®	Prague
22-23 Aug	Initial Training	BODYBALANCE®	Warsaw	17-18 Oct	Advanced Training	BODYATTACK®	Online
22-23 Aug	Initial Training	CXWORX®	Online	31 Oct -01 Nov	Advanced Training	BODYCOMBAT®	Online
22-23 Aug	Initial Training	BODYSTEP®	Online	31 Oct-01 Nov	Initial Training	BODYPUMP®	Prague
22-23 Aug	Initial Training	BODYCOMBAT®	Online	November			
22-23 Aug	Initial Training	BODYPUMP®	Tallinn	07-08 Nov	Initial Training	LES MILLS GRIT™	Warsaw
29-30 Aug	Initial Training	LES MILLS GRIT®	Online	07-08 Nov	Initial Training	BODYCOMBAT®	Prague
29-30 Aug	Initial Training	SH'BAM®	Online	07-08 Nov	Advanced Training	CXWORX®	Online
29-30 Aug	Initial Training	BODYATTACK®	Online	14-15 Nov	Initial Training	BODYPUMP®	Warsaw
29-30 Aug	Initial Training	LES MILLS TONE®	Online	December			
September				12-13 Dec	Initial Training	BODYBALANCE®	Warsaw
12-13 Sep	Initial Training	BODYBALANCE®	Online	12-13 Dec	Initial Training	BODYPUMP®	Bucharest
12-13 Sep	Initial Training	BODYPUMP®	Online	January 2021			
12-13 Sep	Initial Training	LES MILLS SPRINT™	Online	16-17 Jan	Initial Training	CXWORX®	Prague
26-27 Sep	Initial Training	CXWORX®	Online	16-17 Jan	Advanced Training	BODYPUMP®	Online
26-27 Sep	Initial Training	BODYBALANCE®	Bucharest	23-24 Jan	Advanced Training	BODYBALANCE®/BODYFLOW®	Online
26-27 Sep	Initial Training	BODYATTACK®	Warsaw	23-24 Jan	Initial Training	BODYCOMBAT®	Warsaw
26-27 Sep	Initial Training	LES MILLS GRIT™	Prague	30-31 Jan	Initial Training	CXWORX®	Warsaw
26-27 Sep	Initial Training	LES MILLS SPRINT™	Bucharest				
26-27 Sep	Advanced Training	BODYBALANCE®	Online				
26-27 Sep	Advanced Training	LES MILLS SPRINT™ & RPM®	Online				

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Start Date	Type	Program	Location	Date	Type	Program	Location
September				January 2021			
26-27 Sep	Advanced Training	BODYATTACK® & BODYSTEP®	Helsinki	16-17 Jan	Advanced Training	BODYPUMP®	Online
26-27 Sep	Advanced Training	BODYJAM® & SH'BAM®	Copenhagen	23-24 Jan	Advanced Training	BODYBALANCE®/BODYFLOW®	Online
26-27 Sep	Advanced Training	CXWORX®	Copenhagen	30-31 Jan	Advanced Training	BODYPUMP®	Helsinki
26-27 Sep	Advanced Training	BODYBALANCE®/BODYFLOW®	Online	February 2021			
26-27 Sep	Advanced Training	LES MILLS SPRINT™ & RPM®	Online	06-07 Feb	Advanced Training	BODYCOMBAT®	Oslo
October				06-07 Feb	Advanced Training	BODYPUMP®	Stockholm
03-04 Oct	Advanced Training	BODYCOMBAT®	Copenhagen	13-14 Feb	Advanced Training	BODYBALANCE®	Gothenburg
03-04 Oct	Advanced Training	LES MILLS GRIT®	Online	13-14 Feb	Advanced Training	BODYBALANCE®	Tallinn
10-11 Oct	Advanced Training	BODYPUMP®	Online	March 2021			
10-11 Oct	Advanced Training	CXWORX®	Oslo	20-21 Mar	Advanced Training	BODYPUMP®	Tallinn
17-18 Oct	Advanced Training	BODYATTACK®	Online	27-28 Mar	Advanced Training	BODYPUMP®	Oslo
17-18 Oct	Advanced Training	BODYJAM®, SH'BAM®, BARRE™	Helsinki	27-28 Mar	Advanced Training	LES MILLS SPRINT™	Stockholm
24-25 Oct	Advanced Training	LES MILLS SPRINT™	Stockholm				
31 Oct- 1 Nov	Advanced Training	BODYBALANCE®	Helsinki				
31 Oct -01 Nov	Advanced Training	BODYCOMBAT®	Online				
November							
07-08 Nov	Advanced Training	BODYBALANCE®	Stockholm				
07-08 Nov	Advanced Training	BODYPUMP®	Aarhus				
07-08 Nov	Advanced Training	CXWORX®	Online				
14-15 Nov	Advanced Training	BODYPUMP®	Gothenburg				
December							
05-06 Dec	Advanced Training	BODYJAM® & SH'BAM®	Stockholm				
12-13 Dec	Advanced Training	LES MILLS GRIT®	Gothenburg				
12-13 Dec	Advanced Training	LES MILLS SPRINT™ & RPM®	Stockholm				

LES MILLS™ On Demand

The number one key to success is to attend plenty of Les Mills classes in the program you want to teach. You can attend live classes, virtual or classes available

If you don't have access to live classes

Sign up for a Les Mills On Demand account. Unlimited access to the workouts you love. The perfect way to prepare for your Initial Training.

[SIGN UP](#)



LES MILLS™ SMART TECH

Key number two, you want to make sure you have the correct equipment. Especially if you are attending the online training from home.

If your program requires equipment

You as a Les Mills Instructor get 10% discount on all LES MILLS SMART TECH gear in our webshop. Contact nordic@lesmills.com for discount code.

